

# MANGO BERRY ROTINI SALAD

Mangos, berries, spinach, and feta cheese make for a colorful twist on pasta salad, with the perfect balance of sweet and tangy.

**Preparation time:** 30 minutes

**Serves:** 4

## INGREDIENTS:

### Salad

- 1 cup (4 oz) whole-wheat rotini pasta, uncooked
- 1 ripe mango
- 1 cup raspberries
- 1 cup blueberries
- 2 cups fresh baby spinach
- ½ cup reduced-fat feta cheese

### Vinaigrette

- 3 tbsp extra virgin olive oil
- 2 tbsp raspberry vinegar
- 1 tsp sugar
- 1 tsp poppy seeds
- ¼ tsp salt








## DIRECTIONS:

1. In a small bowl, whisk vinaigrette ingredients; set aside.
2. Boil water and cook rotini according to package instructions. Drain cooked rotini and rinse in cool water.
3. While rotini is cooking, cut mango into chunks, removing peel and pit.
4. Place salad ingredients in a large bowl; drizzle with vinaigrette. Toss gently.

## Serving Suggestions:

Serve with an 8 oz glass of non-fat milk.

Food Group Amounts	
	¼ cup
	1 cup
	¼ cup
	1 oz
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## Nutrition Facts

Serving Size (230g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 400mg</b>	<b>17%</b>
<b>Total Carbohydrate 65g</b>	<b>22%</b>
Dietary Fiber 14g	56%
Sugars 18g	
<b>Protein 12g</b>	
Vitamin A 30%	Vitamin C 70%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Recipe Submitted by Produce For Better Health Foundation



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